

7 Steps to Living at the Speed of Life

by Jim M. Allen

Everywhere you turn today, people are in a constant rush: Hurry here! Hurry there! Free up an extra half-hour and you just might be able to squeeze one more task into your already overflowing schedule of things to do.

Unfortunately, too many of us these days mistake living fast for living well. They aren't the same things. Rather than spend your time rushing around not enjoying life, make the decision to do just the opposite. **Choose to slow down.**

Below I've listed seven steps that will help you get started "gearing down" to a calmer, more enjoyable pace: your own, personal, speed of life.

1. Stop rushing

No matter how much you do or don't do, time passes by at a steady rate. Second by second, minute by minute. You can't change that. So accept it and pace yourself.

2. Stop being rushed

Of course, you'll need to spend some time telling the people around you that you're not going to rush anymore, but it's worth it. Take a stand: don't let others force you into fast forward mode.

3. Do less

It's natural for you to start rushing about when your list of activities is jam-packed. If you really want to slow down, reduce your commitments—it's okay to say "No" when people ask for your help and/or participation—and free up some "spare" time.

4. Do nothing

Better yet, take #3 even further. Do less than less... do nothing! Plan "nothing days". These are days when you have absolutely nothing that must be done—days when anything you choose to do is the right thing to do.

5. Do one thing at a time

If you can't bring yourself to doing less (or nothing), then slow down by simply doing one thing at a time. You'll focus more on each task you do (and you'll probably complete it faster, too).

6. Do things now

Not everything, just the stuff that really must be done today. Pay your bills when they arrive, not the day they're due. Take out the trash when the trash is full, not just on the day the garbage truck comes by.

7. Do something for someone else

Spend an hour each week helping your favorite charity. You'll quickly see how valuable time really is and you'll feel great by focusing on helping others.

Source: www.coachjim.com

Halloween Tips & Tricks

- Don't trick-or-treat alone. Always go in groups. Younger children should always be accompanied by an adult.
- Beware of confining costumes. Avoid masks that obstruct vision and costumes that constrict movement.
- Be visible! Carry a flashlight and apply reflective strips to your costume so drivers can see you at night.
- Do not enter! NEVER go inside a stranger's house or car for any reason. Only accept treats outside the door.
- Have parents inspect all treats before eating. Do not eat any unwrapped or suspicious-looking candy.

Source: www.butlerwebs.com

Quote of the Day

Teamwork is less "ego" and more "we go".

-Brian Biro

How to Ask for the Help You Need

by Jim M. Allen

1. Remember, if you don't ask, it will NEVER happen.

Wayne Gretzky once said, "*One hundred percent of the shots I don't make don't go in.*" Likewise, the unasked question is never answered.

2. Don't beat around the bush.

Get straight to the point and just ask!

3. If the request is work that YOU normally (or should) do, explain why you can't.

You don't need to provide tons of detail, but again, be honest with the person you're asking (and with yourself).

4. Don't assume you know what the answer will be.

Maybe they'll say "No". Of course, they might say "Yes".

5. Recognize that the person can say "no".

You may not like it, but it will happen from time to time. Accept it and move on.

6. Request one thing at a time.

Asking for help, assistance, changes, etc., is fine, but don't overwhelm a person with multiple requests all at once.

7. Request clearly.

If there's an exact way it needs to be done, let the person know. Give them all the information to make a good decision, but also so they can really do what you need them to do.

8. Say "Thank you."

Even if they turn you down.

Source: www.coachjim.com

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The History of Columbus Day

A sailor on board the Pinta sighted land early in the morning of October 12, 1492, and a new era of European exploration and expansion began. The next day, the 90 crew members of Christopher Columbus's three-ship fleet ventured onto the Bahamian island of Guanahani, ending a voyage begun nearly ten weeks earlier in Palos, Spain.



As a reward for his valuable discovery, the Spanish crown granted Columbus the right to bear arms. His new Coat of Arms added the royal charges of Castile and Leon and an image of islands to his traditional family arms. Columbus further modified the design to include a continent beside the pictured islands.

Before his final voyage, the Spanish monarchs prepared a Book of Privileges, a collection of agreements showing how Columbus was remunerated for his explorations. In 1502, four copies of the book were known to exist. The Library of Congress's precious copy of this work is considered one of the "Top Treasures" included in the online exhibition American Treasures of the Library of Congress.

The first recorded celebration of Columbus Day in the United States took place on October 12, 1792. Organized by The Society of St. Tammany, also known as the Columbian Order, it commemorated the 300th anniversary of Columbus's landing.

The 400th anniversary of the event, however, inspired the first official Columbus Day holiday in the United States. In 1892, President Benjamin Harrison issued a proclamation urging Americans to mark the day. The public responded enthusiastically, organizing school programs, plays, and community festivities across the country. Columbus and the Discovery of America, Imre Kiralfy's "grand dramatic, operatic, and ballet spectacle," is among the more elaborate tributes created for this commemoration.

The World's Columbian

Exposition, by far the most ambitious event planned for the celebration, opened in Chicago the summer of 1893.

Over the following decades, the Knights of Columbus, an international Roman Catholic fraternal benefit society, lobbied state legislatures to declare October

12 a legal holiday. Colorado was the first state to do so on April 1, 1907. New York declared Columbus Day a holiday in 1909 and on October 12, 1909, New York Governor Charles Evans Hughes led a parade that included the crews of two Italian ships, several Italian-American

societies, and legions of the Knights of Columbus. Since 1971 Columbus Day, designated as the second Monday in October, has been celebrated as a federal holiday. In many locations across the country Americans parade in commemoration of the day.

Source: <http://memory.loc.gov/ammem/today/oct12.html>

Interesting History Trivia Tidbits

- World War II began with the Nazi invasion of Poland, September 1939
- Baltimore Orioles Cal Ripken, Jr., tied Lou Gehrig's consecutive professional baseball game streak of 2130 games, September 1995
- Singer Elvis Presley made his first appearance on the "Ed Sullivan Show," September 1956
- The planet Neptune was discovered by Johann Gottfried Galle, September 1846
- Eight Chicago White Sox baseball team members were indicted for allegedly throwing the 1919 World Series, September 1920
- Henry Ford introduced the Model T automobile, October 1908
- "Peanuts" comic strip debuted, October 1950
- Al Capone was convicted of income-tax evasion, October 1931
- Thomas Edison invented the working electric light, October 1879
- Dupont developed Nylon, October 1938

Source: www.aboutfamouspeople.com

The History of Labor Day

Labor Day is a national legal holiday that is over 100 years old. Over the years, it has evolved from a purely labor union celebration into a general "last fling of summer" festival.

It grew out of a celebration and parade in honor of the working class by the Knights of Labor in 1882 in New York. In 1884, the Knights held a large parade in New York City celebrating the working class. The parade was held on the first Monday in September. The Knights passed a resolution to hold all future parades on the same day, designated by them as Labor Day.

In the late 1880's, labor organizations began to lobby various state legislatures for recognition of Labor Day as an official state holiday. The first states to declare it a state holiday in, 1887, were Oregon, Colorado, New York, Massachusetts, and New Jersey. Then in 1894, Congress passed a law recognizing Labor Day as an official national holiday.

Today, Labor Day is observed not only in the U.S. but also in Canada, and in other industrialized nations. While it is a general holiday in the United States, its roots in the working class remain clearer in European countries.

It has come to be recognized in the U.S. not only as a celebration of the working class, but even more so as the unofficial end of the summer season. In the northern half of the U.S. at least, the summer vacation season begins with Memorial Day and ends with Labor Day.

Many colleges and some secondary and elementary schools begin classes immediately after Labor Day.

State parks, swimming pools, and campgrounds are all quite busy on Labor Day, as vacationers take one last advantage of the waning hot season. September is the month that marks the beginning of autumn. And, because of that, the average daytime maximum temperatures take a plunge during the month in most of the U.S.



Riddle Fun

How do rabbits travel?
Hareplane.
Why was the belt arrested?
For holding up the pants.
Where is the ocean the deepest?
On the bottom.
What do whales like to chew?
Blubber gum.
How does Mother Earth fish?
With North and South Poles.

Source: www.justriddlesandmore.com

Barbie Dolls

Did you know...

...Barbie has had more than 80 careers — everything from a rock star to a paleontologist to a presidential candidate.

...Barbie represented a candidate for President in 1992 and ran again in 2000 with a platform of opportunities for girls, educational excellence and animal rights.

...the military series of Barbies, Army, Air Force, Navy and Marine Corps went through approvals by the Pentagon to ensure the most realistic costumes.

...Barbie represented an astronaut in 1965, 1986 and 1994.

...every second, two Barbies are sold somewhere in the world.

...Barbie has had over 43 pets including 21 dogs, 12 horses, 3 ponies, 6 cats, a parrot, a chimpanzee, a panda, a lion cub, a giraffe and a zebra.

...the full name of Barbie is "Barbie Millicent Roberts." She is from Willows, Wisconsin and went to Willows High School.

...Barbie boyfriend, Ken doll made his debut two years after Barbie, in 1961.

...close to 1 billion fashions have been produced since 1959 for Barbie and her friends.

...more than 105 million yards of fabric have gone into making Barbie and her friends' fashions, making Mattel one the largest apparel manufacturers in the world.

...Barbie has had more than a billion pair of shoes and over one hundred new additions to her wardrobe annually.

...Barbie's signature color is Barbie pink.

...Barbie was introduced in 1959 and first appeared in the now-famous black and white striped swimsuit and signature ponytail.

Source: www.about.com

FUN Pages

Did You Know?

All Saints' Day, or All Hallows Eve, began as an ancient Celtic and later a Roman harvest festival. When the Irish immigrated to the United States in the 1800's, they brought with them a Halloween tradition of lighting candles in turnips to keep spirits at bay. Finding turnips in short supply in America, however, they began carving pumpkins and thus the Jack-O-Lantern was born.

<http://www.butlerwebs.com/holidays/halloween.htm>



Fun Halloween recipe you can make with mom and dad.

Gelatin Eyeballs

3 oz lemon gelatin
1 cup hot water
1/2 cup miniature marshmallows
1 cup pineapple juice
1 8-oz. pkg cream cheese
1 cup heavy cream, whipped
1 cup mayonnaise

Dissolve lemon gelatin in 1 cup water in double boiler, add marshmallows and stir to melt. Remove from heat. Add pineapple juice and cream cheese. Beat until well blended. Cool slightly. Fold in whipped cream and mayo. Chill until thickened or firm for scooping into eyeballs.

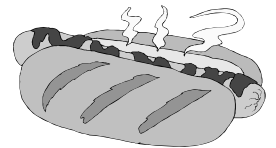
Using a melonballer, scoop full balls of the mixture and set aside for decoration. To decorate, use food coloring and an old paintbrush and get creative. You will need black food coloring for the pupils. Also, if you are in a hurry, instead of painting the colored irises, you can dip the ball in a small pool of food coloring to approximate the iris, but still paint on the pupils.

Source: www.britta.com

Fun Facts about Hot Dogs!

- The first hot dog was created in Frankfurt, Germany... and that's why sometimes they're called "frankfurters."
- The first ever Wiernmobile™ vehicle cruised the streets of Chicago in 1936!
- During the Fourth of July Weekend, Americans will enjoy 150 million hot dogs!
- Americans will eat 26 million hot dogs in major league ball parks - that's enough to stretch from Yankee Stadium in New York City to Dodgers' Stadium in Los Angeles!
- Between Memorial Day and Labor Day, Americans eat more than 7 billion hot dogs. Laid end to end, that's enough hot dogs to circle the globe more than 15 times!

- The first hot dogs were served in buns at the 1904 St. Louis Exposition. Customers were given white gloves to protect their hands from the steaming wieners, but the gloves kept disappearing.



- Americans consumed 20 billion hot dogs in 1999. That's enough wieners to reach the moon and back four times.

- Three U.S. Presidents served hot dogs at official White House functions: Franklin D. Roosevelt in 1939, Jimmy Carter in 1977, and Ronald Reagan in 1980.

- Babe Ruth once ate 12 hot dogs and drank eight bottles of soda-pop between games of a scheduled double-header.

- In St. Louis Browns Ball Park in 1893, the first partnership between hot dogs and athletics was formed.

- New York Polo Grounds vendors called hot dogs "Dachshund sausages." But when sports cartoonist Tad Dorgan couldn't spell dachshund, he wrote "hot dog" instead, and the name stuck.

- Richard Trentlage wrote the Wiener Jingle for Oscar Mayer in 1963.

- One Wiernmobile™ vehicle weighs exactly one million hot dogs!

Source: www.kraft.com

SPACE



www.thepotters.com

APOLLO	MOON	SATURN
ASTRONAUT	NASA	SHUTTLE
BLACK HOLE	ORBIT	SKY
GALAXY	PLANET	SPACE STATION
GEMINI	ROCKET	STAR
LAUNCH	SATELLITE	SUN

Useless Facts

- Julius Caesar was self-conscious about his receding hairline.
- President Teddy Roosevelt died from an "infected tooth".
- On April 14th, 1910, President Howard Taft began a sports tradition by throwing out the first baseball of the season.
- When the Hoovers did not want to be overheard by White House guests, they spoke to each other in Chinese.
- When John Wilkes Booth leaped onto the stage after shooting the President, he tripped—on the American flag.
- Lincoln was shot on Good Friday.
- Noah Webster was referred to as "the walking question mark" during his student days at Yale.
- Robert E. Lee, of the Confederate Army, remains the only person, to date, to have graduated from the West Point military academy without a single demerit.
- Walt Disney named Mickey Mouse after Mickey Rooney, whose mother he dated for some time.

Source: <http://www.angelfire.com/ca6/uselessfacts/>

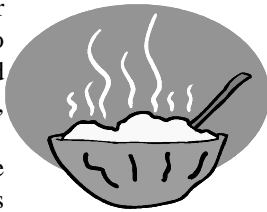
History of the Quaker Oats Mascot

One of the oldest advertising mascots in America, the Quaker Oats Man became the first registered trademark for a breakfast cereal in 1877. Through the years, many have mistaken The Quaker Oats Company mascot as William Penn or Ben Franklin, but in truth, the image of a man dressed in the Quaker garb was purposely chosen to reflect the "Quaker" faith and its values of honesty, integrity, and purity.

Surprisingly, the actual Society of Friends (a.k.a. the "Quakers") went to court to have their association with the cereal removed, but they lost the court battle. The portrait of the Quaker man on the Quaker Oats popular red, white and blue package has been updated just three times since its creation - once in 1946, again in 1957 and most recently in 1972. The original 1877 image was a full-length picture of a kindly Quaker man holding a scroll with the word "Pure" on it.

In 1946, graphic designer Jim Nash developed a new Quaker identity by

introducing a black-and-white version of the now-familiar smiling head portrait. In 1957, Chicago artist and illustrator Haddon Sundblom updated Nash's line drawing to a full-color portrait of the Quaker man, and in 1972, John Mills painted the stylized blue and white graphic image that appears on packages today. The Quaker Oats Company was officially formed in 1901 when several American grain pioneers came together to incorporate the now familiar name.



These pioneers were Ferdinand Schumacher, John Stuart, George Douglas and Henry Parsons Crowell. Besides being the first registered trademark for a breakfast cereal, the Quaker Cereal company has spawned many other firsts in the field of cereal products. They included:

1882: Quaker Oats was featured in the first national magazine advertising program for a breakfast cereal.

1885: Quaker Oats were packaged in square boxes after years of being sold in bulk.

1891: Quaker Oats was the first brand to feature a recipe on its package (for oatmeal bread), as well as the first cereal to offer

a packaged premium (chinaware) in its package.

1915: Quaker Oats was the first cereal to offer a premium on its package (a cereal cooker). Later, in 1915, the familiar round Quaker Oats package was introduced.

1922: Quaker Oats was among the first convenience products with Quaker "Quick Oats".

1966: Quaker Oats introduced the first instant oatmeal.

Slogans over the years have included "Nothing is better for thee, than me."; "Live Well, Be Well"; "Warms your heart and soul"; "Does it make sense to jump out of a warm bed into a cold cereal?" and "It's the right thing to do" (Wilfred Brimley, 1987). In 1996 the Quaker Oats Company celebrated their 120th year with the book Quaker Oats Favorite Recipe Collection: Celebrating 120 Years of Great Tasting Family Classics (Time-Life Custom Publishing ISBN 0-7835-4863-X), a collection of more than 70 recipes for everything from cookies to meat loaf.

http://www.tvacres.com/admascots_quakeroats.htm

Tips for Busy Parents: Making Time for Parent Involvement

Take time at home

Before making that first call to volunteer, consider the opportunities you have at home to help reinforce what your child is learning at school. Supporting learning at home is one of the best ways to stay involved with your child's education. Set aside some time every day to talk with your child about school activities. Ask what subject was the best that day, or which topic was the hardest; this will give your child an opportunity to tell you what she sees happening in the classroom. Monitoring homework and class projects can help you better understand what is expected of her in school. Plan together for family activities that support or supplement what is being learned in the classroom.

Set expectations and establish routines

Show your child that you value learning and education by setting high, yet realistic, expectations. Help them develop a routine for studying and homework. Choose a specific time and place each day to complete homework and class assignments. Minimize distractions and set house rules about listening to music or studying with the television on. For older students, you may want to limit part-time job hours and restrict nighttime employment.

Join your PTA

Whether your schedule permits you to volunteer on a regular basis, you can show your support through a membership in your local Parent Teacher Association. Your PTA works to address many important issues affecting the school in your neighborhood as well as your community at large.

Keep in touch with the school

Take five minutes on your lunch hour or break to keep in touch with your daughter's school. Make a phone call to her teacher, write a note, or send an e-mail; establish a method of regular communication that best suits both of you. Ask what you can do to reinforce at home what is being learned at school. If your daughter often says she has no homework to do, check with the teacher.

Stay informed

One way to feel connected to your child's school is by reading school newsletters, calendars, or fliers sent home. You'll get a heads up on important school dates, events, and deadlines. An increasing number of schools now have websites that let parents know about specific classes, schedules, and important activities. Some teachers have their own classroom websites with homework assignments, tips, and project requirements.

Take advantage of school functions

Get a schedule of school and PTA programs, projects, and ceremonies (from the school office, school website, PTA newsletter, etc.). Discuss with your child which ones he feels are the most important for you to attend, and tell him which ones are of greatest interest to you, too. Volunteer to help with school functions when and where you can. Often there are specific, short-term tasks that can be done at home or on a lunch break.

Put your talents to work

Your talents and skills often can be used from work or home to benefit the school and its students. Do you have computer skills? Offer to work on the PTA or school newsletter, help design a flier, or update a web page for the school. Are your talents in art, music, or literature? You might be able to provide curriculum enrichment activities in the classroom, or in before- or after-school programs. Do you speak/read a language other than English? Volunteer to be an interpreter for parents at school events or help translate materials for use by other parents. You could also be a "buddy" to a new parent for whom English isn't a first language.

Get your employer involved

Successful schools have the support of local businesses and community members. Ask your employer about allowing employee flextime to volunteer at school or to attend school activities. Encourage your company to "adopt" a school by donating supplies or equipment, or providing

mentors, speakers, or internship opportunities for students. Suggest that your employer donate door prizes for parent-teacher meetings, help print needed materials or fliers, or provide incentives for students in special programs.

Source: <http://www.pta.org/parentinvolvement/parenttalk/tips.asp>

Making Parent-Teacher Conferences Work for Your Child

A parent-teacher conference is a time when important people in a student's life can talk about how that student is doing in school. It's a chance for you to ask questions about the class or your child's progress. It is also a time for you and the teacher to work together as a team to discuss ways you both can help your son or daughter.

Whether your child is in elementary, middle, or secondary school, parent-teacher conferences are important. If your school does not schedule regular conferences, you can request them.

Teachers need your help to do a first-class job. Together, you can help your child have a great school year.

Before the conference

In preparation, talk to your child about the conference, and most importantly, write down questions you would like to pose to the teacher.

During the conference

The conference is an opportunity to exchange information with the teacher and develop ways to cooperate in educating your child.

After the conference

Once the conference is over, you should follow up with your child as well as the teacher.

Source: http://www.pta.org/parentinvolvement/bts/al2_ptconferences.asp

4-H Adventure Camp

Air Force Family Member Programs teamed up with 4-H this summer to provide an outstanding opportunity for youth. Leadership and Life Skills were just a small portion of what Air Force youth learned at 4-H Adventure Camp 27 Jun-2 Jul and 19-23 Jul. The camps were hosted at the University of Arkansas Cooperative Extension 4-H Conference Center in the beautiful hills of Little Rock, Arkansas. One hundred and fifty-seven youth and 24 youth program staff from 78 Air Force Bases participated in a wide range of physical outdoor adventures, leadership, and team building activities throughout the two week camp sessions.

Campers had the opportunity to work their way through



t h e
Challenge
and Ropes
C o u r s e .
They learned
how they
could use
some of the
skills learned
on the
course to
apply to
everyday life
issues and

obstacles.

During "Finding Your Way", campers were given the opportunity to utilize a Global Positioning Device through various activities. Photography and journaling activities were enhanced with the use of digital cameras and computers. Basic elements of a camera and applying learned techniques enabled the youth to explore different ways to take better pictures.

"Climbing High", teaming up to scale a wall and "Float Your Boat", building and floating a boat made out of cardboard and duct tape, were other fun and exciting activities that also focused on team building.

Communication and teamwork was the focus again as campers learned the rules of camping and actually camped for a night in a tent; and went kayaking on the Arkansas River.

The results were outstanding! Several of the youth stated it was the best experience they had ever had. One young man told his team members that he had learned to trust them more than his own best friends at home yet had only known his team mates for two days.

Youth "Astronauts" complete week-long Air Force Space Camp

This summer ended with a successful mission for 50 Air Force youth who attended the Air Force Space Camp.

The Services Family Member Programs Division sponsored the 50 scholarships used by the youth who attended the Space Camp in Huntsville, Alabama. Thirty-two youth, ages 12-14, participated in the Space Academy and 18 teens, ages 14-17, challenged themselves in the Advanced Space Academy the week of August 1-6.

Space Camp included a wide variety of activities introducing the campers to space and aviation. The activities that simulated astronauts' motions in space included the 1/6th Gravity Chair, the G-Force spinner, MARS simulator, Space Shot, the multi-axis trainer, climbing walls and scuba for the Advanced Space Academy. Lectures and workshops focused on math, science, technology, and space exploration.

Classroom information was used to help the campers complete their mission at the end of the week.

"This is the most educational and exciting experience of my life; from launching rockets, to making new friends, everything was great", said Elise Strahan from Wright-Patterson Air Force Base, Ohio.

The participating youth were provided with several opportunities to challenge themselves and each other as a team.



They learned to applaud and support each other's accomplishments in order to truly succeed as one team. After Jared Gomez, Patrick AFB, Fla., completed his mission, he said this about his week "Truly knowledgeable and life-changing with great counselors to bring out the best in everyone."

This was the second year for this residential, week-long Space Camp Program - watch for it to be an annual event. Look for advertisements with application deadlines in the Spring of 2005. Next year's Camp will be conducted Jul. 30 to Aug. 05, 2005.

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Please visit: www-p.afsv.af.mil/FamilyMemberPrograms.youthmain.htm

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